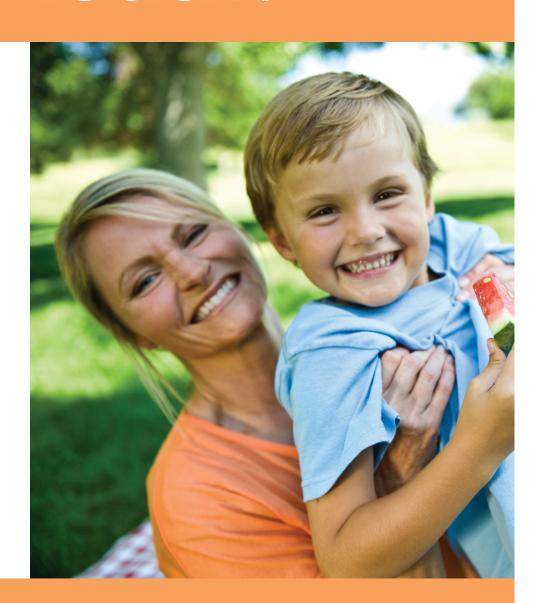
## How Healthy Is Your Mouth?

## **FACT**

Untreated gum disease can lead to tooth loss and may even increase your risk of heart attack and stroke. Brush and floss daily and see your dentist twice a year to reduce your risk.



"I visit my dentist every six months — for my health and my heart."

## Take a Step in the Right Direction!

Discover how small steps can lead to big improvements in your well-being.

Norfolk Consortium Wellness Program https://www.myhealthiq.com/1-866-449-9705









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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and a better you.

